

Non-fiction

J 152.4 HELMER

Let's talk about feeling sad

Briefly discusses what makes people feel sad or depressed and some ways to handle these feelings.

J 616.8527 GLIORI

Night shift

Illustrating what it is like to struggle with depression, a young girl battles dragons with her "night skills," talents that allow her to survive inside her own darkness and know that nothing will last forever.

618.928527 SERANI

Depression and your child : a guide for parents and caregivers

Seeing your child suffer in any way is a harrowing experience for any parent. Mental illness in children can be particularly draining due to the mystery surrounding it, and the issue of diagnosis at such a tender age. Depression and Your Child gives parents and caregivers a uniquely textured understanding of pediatric depression, its causes, its symptoms, and its treatments.



Many children have times when they are sad or down. Occasional sadness is a normal part of growing up. However, if children are sad, irritable, or no longer enjoy things, and this occurs day after day, it may be a sign that they are suffering from major depressive disorder, commonly known as depression. Some people think that only adults become depressed. In fact, children and adolescents can experience depression, and studies show that it is on the rise. More than one in seven teens experience depression each year.

little books BIG FEELINGS

Booklists for children's books on mental health

Feeling Sad



Moore Memorial Public Library
1701 9th Ave N
Texas City, TX 77590
(409) 643-5979
www.texascity-library.org

Picture Books

E ARNOLD

What's the matter, Marlo?

A picture book about best friends that highlights empathy, as well as anger and sadness, and reminds us that these aren't feelings to run away from, but instead to help each other through

E BLACK

I'm sad

Flamingo learns that it is okay to be sad sometimes and that her friends, the little girl and Potato, will stand by her no matter how she feels.

E BOOTH

A shelter for sadness

Sadness has come to live with me, and I am building it a shelter" begins this reflective picture book

E ELAND

When sadness is at your door

A young child experiences sadness as if it were a visitor, acknowledging the emotion and suggesting activities to do with it.

E FOLEY

Danny and the blue cloud : coping with childhood depression

Danny is a young bear who finds himself in a perpetual state of sadness, a "blue cloud"-he is unable to enjoy play, is often in a bad mood, and wants to stay in bed all day.

Common symptoms of depression in children and adolescents include:

Feeling or appearing depressed, sad, tearful, or irritable
Not enjoying things as much as they used to
Spending less time with friends or in after school activities
Changes in appetite and/or weight
Sleeping more or less than usual
Feeling tired or having less energy
Feeling like everything is their fault or they are not good at anything
Having more trouble concentrating
Caring less about school or not doing as well in school
Having thoughts of suicide or wanting to die
Children also may have more physical complaints, such as frequent headaches or stomach aches. Depressed adolescents may use alcohol or other drugs as a way of trying to feel better.

E GEE

Sad, sad bear!

Bear is very sad when Mommy must go to work and leave him at Cub Care, but his first day turns out to be a good one

E PETERS

The color thief : a family's story of depression

When a child's father suffers from depression and the colors of his world are stolen, he worries that his father's gloom is somehow his fault, but as his father's condition improves with help, the color starts to return.

E ROBERT

The shadow elephant

Sometimes all you need is someone who accepts you as you are. This is a subtle story about an elephant who is down in the dumps.

E SUBISAK

Jenny Mei is sad

A picture book about sadness uniquely told from the friend's point of view as she does her best to comfort her friend Jenny Mei

E TOMLINSON

A blue kind of day

From the moment Coen gets up, he's having "a slumping, sighing, sobbing kind of day," and he returns to bed.

ER WILLEMS

My friend is sad

When Gerald the Elephant is sad, Piggie is determined cheer him up, but finds after many tries that it only takes the simplest thing to change Gerald's mood